



Tools For Action

A sample of physical education initiatives in Wisconsin

Kids In Motion

Contact Information

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Title of Main Contact Physical Education Teacher
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School District Name Merton Community Schools
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Program Information

Program Name Kids In Motion
Program Category Activities done outside of PE class time for additional credit
Grade Level Elementary School (3-5); Middle School (6-8)
Assessment Method No formal assessment

Program Information

Products Developed or Materials Used:

This program is a part of my thesis paper from Carroll College. I hope to complete my paper by May of 2006.

Program Description:

Students track their physical activity time outside of school PE classes. They turn in a coupon for every 30 minutes of activity. At the end of the month one student from each classroom is drawn as a Kids In Motion Winner and chooses a prize from the treasure box. When students accumulate 30/60/90/120 hours of activity they receive a sports bead to put on their wrist band. The class with the most physical activity hours for the month is responsible for the Kids In Motion Cow (keep "moo-ving") which they can dress up, etc, and the Kids In Motion banner which is hung outside their classroom door. Students get credit for individual and family activity time. This program takes a lot of record keeping. Next year I will ask for parent volunteers.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at:

Meineam@dhfs.state.wi.us	(Amy Meinen, Nutrition Coordinator)
Morgajg@dhfs.state.wi.us	(Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us	(Mary Pesik, Program and Grant Coordinator)